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An adjustable flexible strap for supporting and securing ducts, or like device, and the like formed of a strap member that has a fastener strap and a pair of integral support members integrally formed in the strap. When the fastener strap is separated from the integral support members a channel formed between the support members. One end of the strap can have an aperture formed therein to allow said strap to be attached to an existing structure such as a joist, beam or other support member. The other end of the strap has flap through which the fastener strap is inserted. When the fastener strap is inserted into the flap, the serrated edges of the fastener strap engage the sides of the flap opening, and the fastener strap and the support members form a loop. This loop encircles the duct, or like device, and cradles the duct in the support members, thereby securely suspending the duct from the joist, beam or other support member.